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Friday, August 20, 2021

Summer ends with Disney and music at Hitchcock Academy

BRIMFIELD — Saturday, Aug. 21 promises an evening of wild adventures at Hitchcock Academy in Brimfield with the showing of the Disney animated classic, “Zootopia” presented free on the outdoor screen at dusk. Pack a picnic supper or enjoy dinner from the Maddie’s Dogs food

Final Federated Church auction breaks all prior records

STURBRIDGE — Bidding was hot and heavy at the 71st and Final Federated Church of Sturbridge and Fiskdale Antique Auction on the Sturbridge Common with the Sturbridge Chairs (#27 and #28 in the series) and The Publick House Chairs (#50 and #51 in the series) breaking all previous records, according to auction co-chairs Tim Bardsley and Bob Cordell.

“We had an outstanding day,” said Cordell. “The auction attracted a wonderful crowd that was ready to bid, the weather held out, and a number of items brought record prices!”

The enthusiastic audience hollered and cheered as auctioneer Gwen Carbone, of Robert E. Glass Auctioneers, deftly negotiated the price on both chairs to new heights with obvious emotion in her voice. When the dust settled, the two Sturbridge chairs sold for a new record for this series of \$5,000 apiece, more than doubling the previous record of \$1,900 set in 2019. The Publick House Chairs set another new record, selling for \$3,000 apiece, beating the previous record price of \$2,500, also set in 2019.

These highly prized chairs, artfully restored and decorated in bronze and gold powder stenciling with a lovely Sturbridge or Publick House scene by auction artisans Tim Bardsley and Brian Rhea, are part of a limited series with only one of each produced each year and they are only available at the Federated Church annual auction. Due to the pandemic-related cancellation of last year’s auction, two chairs were up for sale during this final auction.

Total sales for the final auction also set a new record, according to Bardsley. Previously, the top three revenue-producing auctions were the 70th, the 60th, and the 50th.

“We are extremely grateful to everyone who contributed in any way to our 71st and final auction,” he said. “Everybody had a part to play, and every part is important. Volunteers, donors, bidders, local businesses. God blessed us richly and we will be forever grateful.”

To watch a video of the exciting bidding online, visit the Federated Church of Sturbridge and Fiskdale Facebook page at <https://www.facebook.com/FederatedChurchSturbridgeFiskdale>.



truck. This free animated adventure features the exploits of bunny Officer, Judy Hopps, and her fox sidekick, Nick Wilde as they work to solve the case of the disappearing mammals in the mythical metropolis of Zootopia.

“Zootopia” and the Sept. 1 concert on the common by the James Paul Band mark the end of Hitchcock Academy’s summer programming. However, HFA looks to September with a full schedule of classes and events to welcome fall. Starting on Sept. 9 HFA will offer ages seven and up beginner to advanced guitar lessons. The lessons will include acoustic or electric guitar, introduction to music theory and instruction in how to read tablature. On Sept. 18, Hitchcock presents its inaugural Fore a Good Cause golf tournaments at

Heritage Country Club in Charlton. Registration includes 18 holes of golf at central Massachusetts’ premier public course, cart, prizes, and a steak dinner.

On Sept. 15 and continuing weekly through Oct. 6 on Wednesdays from 6 to 9 p.m., Hitchcock offers lessons in painting through ArtSong, an arts enrichment program that provides a framework for creativity and self-expression. The four week workshop teaches the essential of how to draw and paint using acrylic paint. Through demonstration and application each student will create their own original artwork. Registration information for this and all Hitchcock Academy courses can be found on their website under Current Classes.

Local IT company celebrates 20th anniversary with prestigious Inc. 5000 and MSP501 rankings

STURBRIDGE — After facing one of the most challenging economic setbacks in their 20-year history, ClearCom IT Solutions, Inc. has proven they can come out on top, recognized as such with two prestigious business awards.

Out of more than seven million businesses in the U.S., ClearCom IT is proud to be named No. 3662 on the Inc. 5000 list of the most successful, independently-owned businesses in the United States.

With 92 percent three-year growth, ClearCom IT has expanded to manage the IT of over 100 organizations up and down the East Coast.

ClearCom IT Solutions has been named by the editors at Channel Futures, as one of the technology industry’s top-performing providers of managed services, for the fifth year in a row.

..... Turn To **CLEARCOM**, page **A12**

Dick Hoyt Memorial Golf Tournament raises awareness for ID/DD community

SOUTHBRIDGE — The Center of Hope Foundation, Inc. (CoHF) is a non-profit agency serving individuals with intellectual and developmental disabilities. Many of the programs and services offered by the CoHF are funded by the state. However, many programs are unfunded.

The Center offers year-round Special Olympics which allows individuals the opportunity to participate in unified sporting events. Volunteers run practices and take teams to games and tournaments. These teams are provided with uniforms and any other equipment necessary to participate in the sport. Seeing the joy as participants walk onto the field at Gillette Stadium is spectacular!

“People are happy, smiling and having so much fun,” said Ryan Chauvin, Recreation Director at the CoHF. “Without additional funding, this program and the joy that comes from it would not be possible.”

The CoHF also runs the Holiday Giving Program each year. Around the holidays, gifts and other necessities are given to over 500 individuals and families who struggle financially.

“We know that some of our program members or others in the community may not get the chance to experience the holidays like most,” said Erika Travinski, COO at the CoHF. “It is truly magical to see how the community comes together and helps us provide this amazing support. We see smiles on family member’s faces knowing that their loved ones will wake up on Christmas morning beaming with happiness. There is no better feeling.”

Changing lives and providing opportunities is not only what we do at the Center of Hope, but it is also who we are. We invite you to join us in making the Special Olympics program and the holiday giving program what they are. Join us on Saturday, Sept. 11 for the 15th Annual Golf Tournament, now known as the Dick Hoyt Memorial Golf Tournament, held at the Heritage Country Club, in Charlton. Help the CoHF contin-



ue on with its mission, offering the most opportunities possible for individuals with disabilities. Not only will you be playing for a good cause, but you will also be surrounded by fun and great company.

This event is sponsored by The Hoyt Foundation, Team Hoyt, US Tool and Fastener, Joe Cleans,

Cornerstone Bank, Abacus Distributors, Fletcher Tilton PC, Helgerson’s Excavating and Septic, IBEW Local 2324, IBEW Local 2222, Southbridge Tire, OFS Fitel, and Excel Advertising. To learn more visit www.thecenterofhope.org/golf or call (508) 764-4085.

Bay Path volunteer headlines gala in support of cancer charity

CHARLTON — Emelita “Rita” Thorne of Acton, a Bay Path Practical Nursing Academy volunteer for Nurse Nostalgia portraits, will be among the models for fashion designer Chona Bacaoco of MM Milano, the brand from Milan, Italy.

In celebration of the Breast Cancer Awareness Month, the Filipino American Cancer Care of Falls Church, Va. presents “Couture Courage for a Cure” on Saturday, Oct. 23, 5 p.m. at the Westin Tysons Corner Hotel, 7801 Leesburg Pike, Falls Church, Va. The charity gala will benefit cancer patients in the Philippines and United States (<https://www.facebook.com/FilipinoAmericanCancerCare/>).

Mrs. Thorne has a background of more than 20 years in the beauty and cosmetic industry as well as in philanthropy. She holds many pageant titles nationally, Mrs. Friends



Emelita Thorne

Courtesy

Indeed USA 2015, and internationally, Mrs. Philippines International also in 2015, she bested 65 other contestants in Jacksonville, Fla. She became Mrs. ServeCare Queen International in 2017, Mrs. June Calendar in 2018, and Mrs. Pearl World in 2021.

In her career as a professional beauty consultant, she has advised practical nursing students and graduates, Filipino-American youth and community leaders on matters of skin care and cosmetics. For several years she has glammed-up graduating nursing students at Bay Path Practical Nursing Academy for nurse nostalgia portraits gratis. As a performer, Rita performed the Yakan Cultural Dance at multiple events before audiences in many states. She advocates for literacy, regular-

ly contributing and participating in Bagong Kulturang Pinoy, Inc. (www.BKP.org) to promote the love of reading. As one of the founders of Thank God I'm Filipino (TGIF) in Boston, Rita helped promote world class Filipino talents and raise funds for survivors of natural disasters. She is well noted in the Boston community for her contributions to charity and volunteerism.

Rita was born and raised in Isabela, Basilan province in Mindanao. She and David Thorne are celebrating 29 years of married bliss. She is the mother of two handsome gentlemen, Masaki and Zachariah. A living proof, Mrs. Thorne is a cancer warrior, bravely fighting cholangiocarcinoma (bile duct cancer) and Chronic Myeloid Leukemia (CML).

Pastel Paint the Miracle Flowers with Greg Maichack at Jacob Edwards Library

Elm Street church planning take-out Italian buffet

SOUTHBRIDGE — The Women's Fellowship group of Elm Street Congregational Church, 61 Elm St. in Southbridge, is sponsoring a "Take-Out" Italian Buffet on Oct. 2 from 5:30-7 p.m. The menu will include: Meatballs and Rigatoni, Sausage, onions, and peppers, Garlic Bread, Salad, and Brownies for dessert. The cost is \$10 for adults, and \$6 for children six to 12. For tickets call Harriet Lacasse at 508-347-3464, or the church office at 508-764-8058, on Tuesdays-Thursdays from 8 a.m.-noon. The church is handicapped accessible, and parking is available in back of the Southbridge Town Hall.

SOUTHBRIDGE — The Jacob Edwards Library on 236 Main St. in Southbridge, will host award-winning pastel artist Gregory John Maichack to present an adult hands-on workshop, “Pastel Paint the Miracle Flowers,” on Monday, Sept. 20, from 2 to 4 p.m. This pastel painting workshop is designed for sheer beginners to experienced artists. Seats may fill quickly so please call (508) 764-5426 to register. Participants will freely experiment with hundreds of the artist's professional grade pastels, pastel pencils, and pastel paper, in this fun pastel painting workshop.

In this new, highly researched two-hour workshop, participants



have fun producing their own pastel painting inspired by Georgia O'Keeffe's enormous mural (see attached), The Miracle Flowers, which Elizabeth Arden, the cosmetics mogul, commissioned her to paint in 1936. Gregory Maichack is a seasoned pro at teaching pastel techniques, as recognized by the Museum of Fine Arts (MFA) Boston; Massachusetts Cultural Council (MCC), and hundreds of libraries and local cultural councils.

We will extract from The Miracle Flower two flowers from the original six-by-seven-foot flower painting, and pastel paint our own wonderful creation on paper in yellows and purple, with greens and blues for background. Maichack will demonstrate again how beginners to accomplished artists can pastel paint easily using techniques of masters such as O'Keeffe. As always, all will keep their 12 X 18 pastel paintings.

Mr. Maichack's workshops have been so well-liked, many libraries and senior centers have booked and rebooked him, often twice a year. “What I heard through students’

comments reflects a teaching style that is rare: encouraging, positive and constructive, with information given in a style that students find approachable, accessible, and clear,” wrote Melinda Georgeson, Director of Education, Norman Rockwell Museum.

Artist Gregory John Maichack lives in western Holyoke. He is a portraitist and painter working primarily in pastels. Winner of the Award of Merit from the Bennington Center for the Arts: Impressions of New England Show 2003, he also was awarded the Savoir-faire Pastel Award from the Great Lakes Pastel Society. Maichack was commissioned by Westfield State College to paint the pastel portrait of the past president of Westfield State College, Doctor Frederick Woodward, which was unveiled at the dedication of the Woodward Center. He has been in many national juried shows and was awarded numerous Massachusetts Cultural Council grants. In addition to portraiture, his still lifes and landscapes are represented by galleries from Kennebunkport, Maine to San Francisco, California. Visit his new web site at www.GregoryMaichack.com.

Maichack has been a faculty member of the Museum Studio School in the Fine Arts Museum Quadrangle in Springfield; and taught at Holyoke and Greenfield Community Colleges, Westfield State University, East Works, and The Guild, Northampton. Maichack's pastel paintings have been selected twice for the Annual National Exhibition of the Academic Artists Association and as a result Maichack was invited to be a member of this prestigious organization.

This project is supported in part from a grant from the Southbridge Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Sponsored by Southbridge Cultural Council and Mass Cultural Council.




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Bay Path LPN awarded scholarship

CHARLTON — Fitchburg State University (FSU) awarded Elizabeth Mirekuua Lartey, LPN of Worcester its Burnham Scholarship.

The scholarship was awarded to a full-time undergraduate, nursing major who has completed at least one semester at Fitchburg State University who are working to support their education. Receipt of the scholarship is also based on an essay that demonstrates relevant exam-

ples of service-oriented leadership, active support for the social and academic welfare of peers, and active civic engagement in the community as well as demonstrated academic achievement and financial need.

Lartey is an alumna of Bay Path Practical Nursing Academy in Charlton with the Practical Nursing Class of 2018. While at Bay Path Lartey was inducted to the National Technical Honor Society and was a



Courtesy

Elizabeth Mirekuua Lartey

district competitor for SkillsUSA for CPR/First Aid. Lartey was an Officer for the UNICEF Club and was certified in Infusion Therapy/Central Line Care and Dementia Care. She volunteered for multiple Blood Pressure Clinics and represented Bay Path at educational events at Framingham State University. Lartey continues to volunteer at Bay Path as a mentor and inspirational speaker to current Practical Nursing Students.

During the spring 2021 semester, Lartey, has been named to the Fitchburg State University dean's list for academic achievement. The designation is awarded to full-time students who have earned at least a 3.2-grade point average on a 4.0 scale, achieved no grade below a B, and received no failing grades in enrolled, credit/no credit, or pass/fail courses. Lartey's FSU transcript indicates "Dean's List" status for the semester.

Lartey is completing the LPN to BS in Nursing Bridge Program. The LPN to BS in Nursing Bridge Program is designed to transition the traditional or military trained Licensed Practical Nurse (LPN) to the role of

baccalaureate-prepared Registered Nurse. The LPN to BS in Nursing Bridge Program is a unique and accelerated curriculum.

Le Moyne College names Marie Stewart to Spring 2021 Dean's List

SYRACUSE, N.Y. — Marie Stewart, a Junior Biology major from Brimfield has been named to the Le Moyne College Spring 2021 Dean's List. To make the list, students must achieve a GPA of 3.5 or above.

Located in a suburban setting on a picturesque 160-acre campus in Syracuse, N.Y., Le Moyne College is one of only 28 Jesuit colleges and universities in the United States. Offering more than 30 majors, Le Moyne provides a values-based education that helps students explore their potential through academics, experience and service. In 2020, for the eighth consecutive year, Le Moyne was ranked by The Princeton Review as one of the nation's best institutions for undergraduate education, an honor achieved by only 15 percent of the colleges and universities in the nation. A Le Moyne education provides students with the intellectual skills necessary to succeed in the world and the will to use their abilities to promote a more just society.

Ivascyn family endows scholarship for local students at Nichols College

DUDLEY — The family of Daniel W. Ivascyn, former superintendent of Oxford Public Schools, has created a new scholarship at Nichols College. The Ivascyn Family Endowed Scholarship will aid students who reside in southern Worcester County and plan to graduate from Nichols.

A resident of Charlton, Ivascyn has strong ties to the region's educational and business communities. He began his tenure with the Oxford school system as business manager in 1969, after earning his Bachelor's degree at Nichols. He became a certified teacher and administrator, was promoted to assistant superintendent for business affairs and served as superintendent from 1996 until his retirement in 2003. Along the way, he earned an MBA from Clark University and an EdD from UMass Amherst.



Courtesy

Daniel Ivascyn

president of Nichols College. "We are grateful for their generosity and the example they are setting for future leaders."

About Nichols College

Nichols College is a college of choice for business and leadership education as a result of its distinctive career-focused and leadership-based approaches to learning, both in and out of the classroom, and through impactful research and professional education. Students thrive in a learning and living environment that is supported by an experiential business curriculum and a strong liberal arts foundation aimed at transforming them into tomorrow's leaders. Nichols offers master's degrees in business, leadership, accounting, and counterterrorism, as well as a range of certificate programs, to promote career advancement for today's professionals.

Ivascyn was a founding member of the French River Education Center, a regional private nonprofit organization providing educational services to school districts throughout Worcester County. He served on the board for several years.

He was associate professor of education and chair of the Educator Preparation Program at Nichols from 2004 to 2007. He is also a recipient of the college's Alumni Achievement Award.

While attending evening classes as an undergraduate at Nichols in the 1960s, Ivascyn worked as a teller for Webster Five, beginning a 46-year affiliation with the bank. He became a corporator in 1980, was elected to the board in 1984 and served as its chair for 14 years, retiring in 2020.

"Through this scholarship, Dan and his family are creating opportunities for local students to discover their leadership potential with a Nichols education and securing a legacy that recognizes service and commitment to the community," said Glenn M. Sulmasy, JD, LL.M,

STURBRIDGE VILLAGER

ACCURACY WATCH

The Sturbridge Villager is committed to accuracy in all its news reports. Although numerous safeguards are in place to ensure accurate reporting, mistakes can occur.

Confirmed fact errors will be corrected at the top right hand corner of page 3 in a timely manner.

If you find a mistake, call (508) 909-4106 or email news@stonebridgepress.com. news during normal business hours. During non-business hours, leave a message in the editor's voice mailbox. The editor will return your phone call.

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Friday's Child



Hi! My name is Jayven and I like to play board games and football!

Jayven is an inquisitive boy of African-American and Hispanic descent. He loves board games and is always happy to play one, either with his friends or with an adult. Jayven also likes to be outside, and his favorite outdoor activity is playing football, which he is currently doing with Pop Warner Football. Jayven likes playing football so much that when he grows up, he would like to play for the NFL. Just in case he isn't drafted, though, he is also considering careers as a detective or as a piano teacher. Jayven is currently doing well in school.

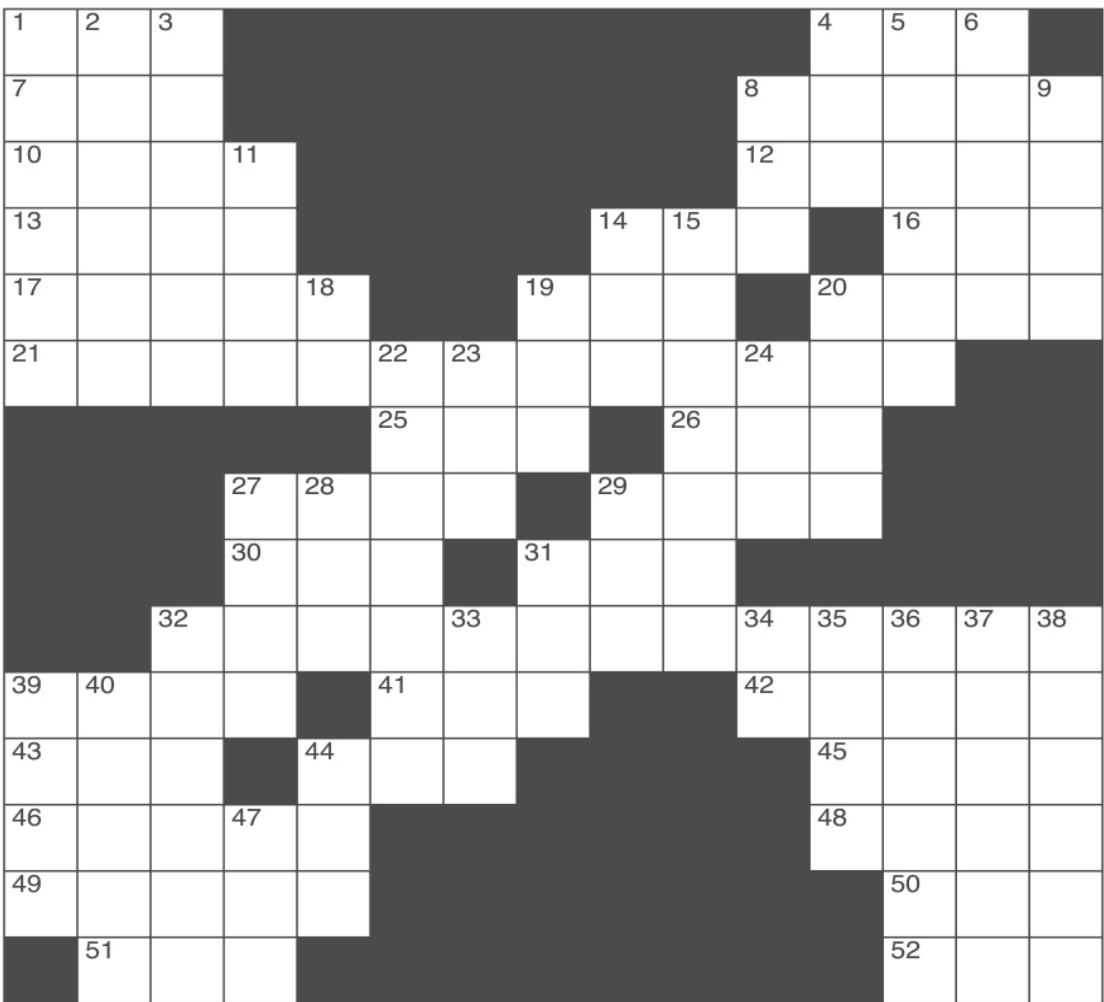
Legally freed for adoption, Jayven is looking for a loving and patient family of any constellation, with or without other children in the home. Jayven is very close with his younger brother and has expressed a desire to be a role model for him. An ideal family for Jayven will be open to helping him maintain this relationship.

Who Can Adopt?

Can you provide the guidance, love and stability that a child needs? If you're at least 18 years old, have a stable source of income, and room in your heart, you may be a perfect match to adopt a waiting child. Adoptive parents can be single, married, or partnered; experienced or not; renters or homeowners; LGBTQ singles and couples.

The process to adopt a child from foster care requires training, interviews, and home visits to determine if adoption is right for you, and if so, to help connect you with a child or sibling group that your family will be a good match for.

To learn more about adoption from foster care, call the Massachusetts Adoption Resource Exchange (MARE) at 617-964-6273 or visit www.ma-reinc.org. The sooner you call, the sooner a waiting child will have a permanent place to call home.



CLUES ACROSS

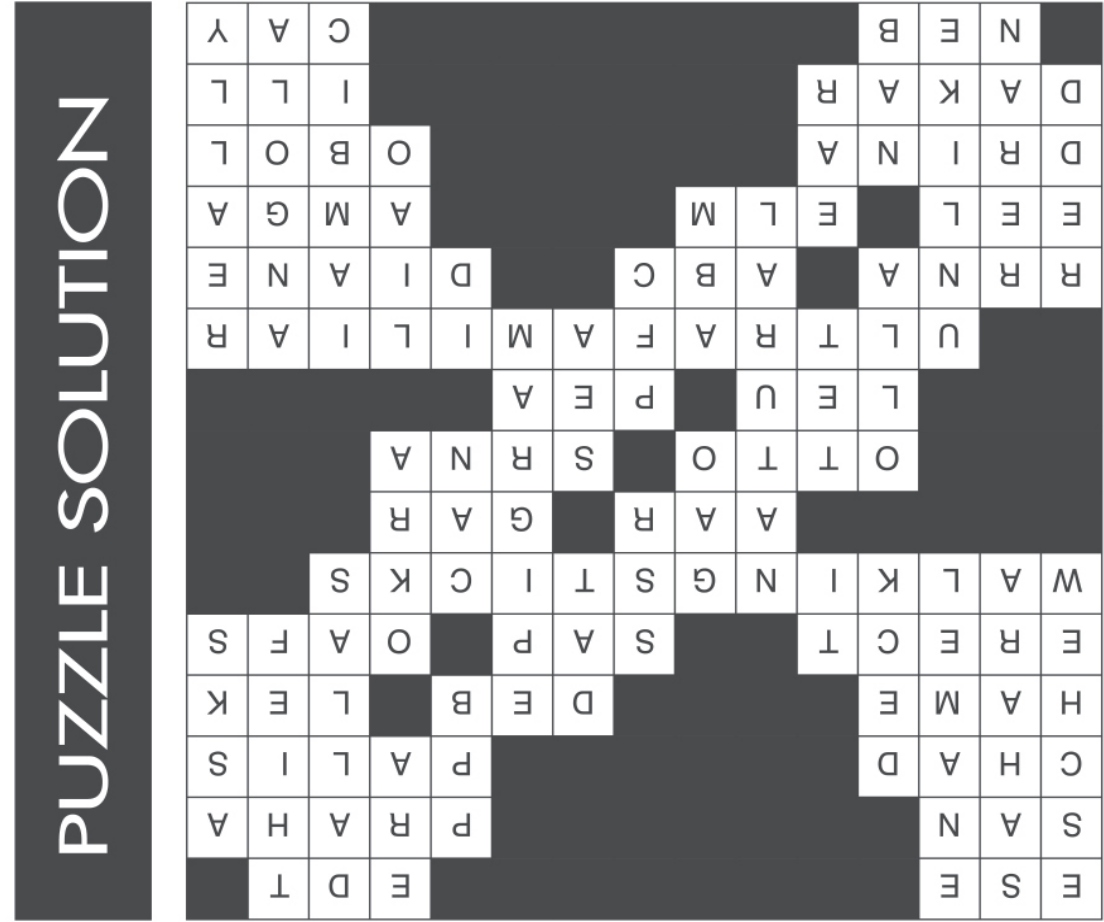
- 1. Midway between east and southeast
- 4. Sun up in New York
- 7. Japanese honorific
- 8. Czech name for Prague
- 10. Ochocinco’s first name
- 12. Steep cliffs (Hawaiian)
- 13. Scots word for “home”
- 14. Upper class young woman (abbr.)
- 16. Monetary unit of Albania
- 17. Raise
- 19. Drain of resources
- 20. Uncultured, clumsy persons
- 21. Hikers use them
- 25. Retrospective analysis (military)
- 26. Tibetan form of chanting

- 27. Influential European statesman
- 29. Soluble ribonucleic acid
- 30. Monetary unit of Romania
- 31. Round green vegetable
- 32. Well acquainted with
- 39. Ribosomal ribonucleic acid
- 41. Basics
- 42. “The Godfather” actress Keaton
- 43. Snakelike fish
- 44. Tall deciduous tree
- 45. Russian river
- 46. Long Balkans river
- 48. Ancient Greek coin
- 49. Senegal’s capital
- 50. Unwell
- 51. Snout
- 52. Low bank or reef of coral

CLUES DOWN

- 1. Abstain from
- 2. Vast desert in North Africa
- 3. Cover the crown of a tooth
- 4. A major division of geological time
- 5. Urban center
- 6. Crook
- 8. Parts per billion (abbr.)
- 9. Questions
- 11. A pack of 52 playing cards
- 14. Recording of sound
- 15. Pithy saying
- 18. Atomic #22
- 19. Soviet Socialist Republic
- 20. Plant with ridged seedpods
- 22. Innate
- 23. Investigative body for Congress (abbr.)

- 24. Soda receptacle
- 27. Spanish stew: __ podrida
- 28. Viet Cong offensive
- 29. Large body of water
- 31. Beginning military rank
- 32. Dissimilar
- 33. Counteroffensive system (abbr.)
- 34. Shows who you are
- 35. Chinese dynasty
- 36. Type of verse
- 37. African nation
- 38. Quite
- 39. Former Bucks star Michael
- 40. Showed again
- 44. Body part
- 47. Steal



PUZZLE SOLUTION

Taking advantage of QCC’s presence in the South County Region

WORCESTER — A local Southbridge family has found a way to higher education thanks to Quinsigamond Community College’s presence in the Southbridge community. QCC 2021 nursing graduates Cassara Casey and Kirstianna Ferschke are part of a large family who found their local community college to be just the resource they needed to obtain a higher education. Ms. Casey was the first to head to college in 2008, choosing QCC for its affordability and accessibility. Her sister Kaitlynn Ferschke followed suit, graduating in May 2016 with

her associate degree in Early Childhood Education (ECE). “Calissa is the second youngest and she starts this fall for ECE at QCC,” Ms. Casey said, adding, “My mom has also taken classes at QCC.” Today, QCC at Southbridge is even closer to the communities it serves with its move in the summer of 2020 to a well-known and recognized central location, Southbridge High School, “Broadening the footprint of QCC makes it more accessible not only Southbridge, but also to the surrounding communities. Also, by virtue of our location,

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REAL ESTATE

BRIMFIELD
None

HOLLAND
\$360,000, 34 Union Rd, Oconnor, Thomas, and Oconnor, Michelle, to Ives, Steven.
\$290,000, 4 Linder Rd, Kelley, Melissa M, to Harding, Hailey, and Demma, Tanner.

STURBRIDGE
\$630,000, 37 Draper Woods Rd, Lennick, Walter R, and Lennick, Connie R, to Caron, Nicholas, and Wilson, Christina.
\$599,000, 12 Caron Rd, Ocoim, Terence P, and Ocoim, Mary A, to Therrien, Marilyn F, and Therrien, Christopher J.
\$560,000, 46 Mcgregory Rd, Baron, James E, and Baron, Lauren K, to Grover, Joseph, and Gassett-Grover, Johanna.
\$501,000, 22 Collette Rd, Rob Judson Cont Inc, to Coombs, David M, and Coombs, Amanda B.
\$440,000, 104 Breakneck Rd, Old Green Acres LLC, to Aliengena, Joshua L, and Aliengena, Kayla M.
\$394,900, 82 Breakneck Rd, Nolin, Richard, to Dev, Bodhayan, and Mohanta, Debarati.
\$388,000, 102 S Shore Dr, Roger E Lafreniere LT, and Gillman, Suzanne L, to Uracius, Kenneth L.
\$380,000, 621 Main St, 13 Deslaurier LLC, to Sanchez, Jose N, and Rodriguez, Celibel M.
\$370,000, 27 Snell St, M2M Realty LLC, to Rehman, Talha.
\$149,350, 5 Fairview Park Rd #12, Caswell, Andrew P, to DelHoyo-Ortiz, Deibeliz, and Arroyo-Torres, Casandra.

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“I want to know my landscape is thriving”

Favoring native plants on lots of all sizes

BY GUS STEEVES
CORRESPONDENT

BRIMFIELD — Dan Jaffe-Wilder is a huge advocate of helping land go wild. Whether it's a garden, an acre, the 19 acres he recently bought in Brimfield, or the 8,000 acres he helps manage for Norcross Wildlife Sanctuary in Wales, the difference is often in approach, not objective.

A garden, he notes, is easy to manage; an acre is barely possible, and “the big places” are well beyond that.

“Even a lazy gardener is doing a whole lot more than we can do on 8000 acres at Norcross,” he told a few dozen conservation commissioners during an online Mass Association of Conservation Commissioners “Lunch and Learn” talk last week.

“In some cases, the management is next to nothing, or is nothing.” It can be as simple as clearing a space around an uncommon plant or tree to give it a better chance against very common ones; on his land, for example, he's trying to promote wild blueberry in thickets of laurel and shagbark hickory in copses of black birch. (It's not coincidental the promoted plants are edible.)

“I want to know my landscape is thriving,” he said, noting he favors “plants that are bringing in habitat and feeding us,” as well as other species.

The key is working with what's there, not trying to force it into something it's not. Where possible, Wilder recommends starting with a soil test; it's “one of the best things you could possibly do” to avoid planting failures, but he suggests ignoring the amendment recommendations such tests usually provide. Instead, select plants that thrive in that kinds of soil.

Case in point – thin soil, which is common around here. He dubs that “your friend” because “things grow more slowly in thin soil,” including the invasives and weeds. Native plants have adapted to such soil and will outcompete the weeds; some natives, such as goldenrod and bee balm, are also very important habitat plants for a large number of insects and birds.

When promoting natives in such areas, Wilder encourages planting them in blocks, with many of a few species together, because “we don't have time to do the whole meadow.” To help them along, Norcross mows a third of the meadow each spring,

although their goal is to eventually be able to have a controlled burn every five to eight years.

You can't do that with a rich-soiled, moist meadow; such places have a lot more nutrients and plants of all kinds (welcome or not) grow faster. Invasives tend to get started before the natives there, as they seep in by air and water; controlling them and “pushy” natives requires fall mowing and some brushcutting. For Wilder, the goal there is to favor uncommon natives while keeping other species “in amounts that are happy and thriving.” In one field at Norcross, they found 12 gentians two years ago and have since increased that to 125. If you can establish “thick, healthy patches of native species,” invasive seeds won't have soil in which to root, he observed.

For really big places, Wilder's goal is to “look at the larger picture,” to see what kinds of habitat the region as a whole needs. One that's uncommon in southern New England is what's termed “early successional” meadow and woodland. Many in our area know what that looks like: the strip of “tornado alley” from West Springfield to Southbridge, where bushes and young trees are now taking over from the mature ones the tornado of 2011 wiped out.

Although dangerous to hikers, the tangled masses of downed trees in that strip are ideal, even necessary, habitat for some species. Wilder urges people to maintain smaller examples of such woodpiles on their land.

Creating the earlier, meadow stage can take some work. Wilder said Norcross removed all the trees in a few selected sites and mowed the grasses very low to give “native annuals and short-lived perennials” a chance to get started. Such succession takes years. In three or four, the first species “get out competed,” and long-lived perennials like goldenrod start to take over. Eventually, those give way to low bushes, then trees of various species.

At the end, Wilder took a few questions. One sought suggestions for challenging the common attitude that favors well-mowed “postage stamp” lawns.

Often, he said, people do favor habitat; they just need education. One way to do that can be to put up signs indicating the parcel is habitat, while mowing paths to show it's “a purposeful thing,” he said.

“Leading by example is so important,” he added, noting people need to “see value in this kind of landscape.”

Similarly, ecology advocates can plant native wildflowers in visible public places with signs saying why they matter.

Regarding another question, Wilder noted they sometimes have to use herbicides to control inva-

sives. One effective organic type on plants (but not roots) is horticultural vinegar, but he said that's very caustic, requiring safety gear and a pesticide license to use. It's far stronger than household vinegar, at 30 percent acid vs 5 percent, but has no long-term ecological impact.

Gus Steeves can be reached at gus.steeves2@gmail.com.

Bay Path LPN named member of Phi Theta Kappa Honor Society

WORCESTER — In a recent announcement, Kiana McDonald, LPN of Worcester (formerly of Southbridge) joined the esteemed Phi Theta Kappa. The recognition included a membership packet containing a certificate, pin, and other benefits. Membership to Phi Theta Kappa allows McDonald to build job skills, challenging academic programs, scholarships, transfer support, and more. The mission of Phi Theta Kappa is to recognize academic achievement of college students and to provide opportunities for them to grow as scholars and leaders.

In a message to McDonald, Dr. Lynn Tinchler-Ladner, President and CEO of Phi Theta Kappa Honor Society stated, “congratulations on the accomplishments that brought you here. I look forward to seeing where Phi Theta Kappa takes you next.”

McDonald is working on academic progression towards her Bachelor of Science in Nursing degree at Quinsigamond Community College where she has been named in the dean's list due to her excellent academic performance. McDonald is a 2013 Bay Path Regional Vocational Technical High School graduate. She is an alumna of Bay Path RVTHS Practical Nursing Academy, class of 2017 where



Courtesy

Kiana McDonald

she was inducted into the National Technical Honor Society. She is a State Bronze Medalist and District Gold Medalist for SkillsUSA both for Medical Terminology. She was a recipient of \$500 Bay Path RVTHS Health Occupations Graduate Award and was an officer of the UNICEF Club. McDonald is Mental Health First Aid Certified. After her role as a charge nurse at the Webster Manor Rehabilitation and Health Care Center from 2017-2020, McDonald is currently with Maxim Healthcare as a staff nurse.

Gateway Players present “Bring Your Own Improv”

SOUTHBIDGE — Gateway Players Theatre is back, bringing you live entertainment! We are proud to present "Bring Your Own Improv," an interactive Improv show that welcomes voluntary audience participation. BYOI was voted "Best Comedy Show in Rhode Island! Live on the Southbridge Town

Common, 1 Mechanic St., Southbridge, on Saturday, Aug. 28 at 6 p.m. Free admission, 50/50 Raffle, and Refreshments. In the event of rain, the performance will be held at Elm Street Congregational Church.

Web site: <http://www.gatewayplayers.org/>.



Join the conversation!

The Sturbridge Agricultural and Equestrian Center will be a state of the art, green complex with a thoroughbred racetrack, farming programs, recreational facilities and community amenities.

Public Open House

Monday, August 23 from 5:30pm - 7pm
The Publick House Historic Inn, 277 Main Street

Learn about the proposed project and meet the team.
Light refreshments will be served.

Cornerstone Bank donates \$3,000 to Nativity School of Worcester

WORCESTER — Cornerstone Bank, a community bank with 12 locations throughout Central Massachusetts, has donated \$3,000 to the Nativity School of Worcester, an

independent, Jesuit middle school providing all-scholarship education to underserved boys of all faiths. The funds will be used to help low- and moderate-income families of

current students as well as students who have graduated, through the school's Graduate Support Program.

"Not only does the Nativity School foster the growth and learning of students currently enrolled with them, but they ensure that their graduates are prepared for the upcoming year in high school or college," said Cornerstone Bank CEO Todd Tallman. "The school's work inspires responsibility, a love of service and a dedication to learning that many of these students may have never experienced otherwise. Cornerstone Bank is happy to make this donation, which has helped to fund the Nativity School's all-important summer program."

The Nativity School of Worcester's summer program runs for three weeks during the summer and focuses on core academics, including language arts and math, as well as community services. Students and faculty spend every afternoon volunteering at local organizations to empower them to recognize the ways they can improve their community. The Graduate Support Team coordinates with alumni to provide school supplies to high school and college-aged graduates of the Nativity School, helping them to continue

their education.

"We are proud to play a small part in creating a long-lasting love of learning for these students," continued Tallman. "We understand how important quality education is for all, and we are honored to assist in everything the Nativity School of Worcester is doing for its students and alumni."

About Cornerstone Bank

Cornerstone Bank is an independent, mutual savings bank serving residents, businesses and communities throughout Central Massachusetts. Our customer promise, Built on Trust, is not just a brand, but also a corporate focus. Whether a business or personal partnership, Cornerstone Bank rests on the foundation that relationships are built on trust. Deposits are insured in full by a combination of the Federal Deposit Insurance Corporation and the Depositors Insurance Fund. The Bank is an Equal Opportunity Employer, Equal Housing Lender and SBA Preferred Lender. To learn about Cornerstone Bank's personal and business banking offerings, please visit cornerstonebank.com or call 800-939-9103.

Jonathan Andrew Cherry of Sturbridge graduates from University of Rhode Island

KINGSTON, R.I. — The University of Rhode Island celebrated more than 4,000 of its newest alumni during the University's 135th Commencement. Among the graduates was Jonathan Andrew Cherry of Sturbridge, who received a Bachelor of Science in Business Administration, Accounting, Cum Laude.

More than 3,700 undergraduate degrees and 680 graduate degrees were conveyed to students during nine individual ceremonies held over three days, May 21-23.

Students who received the honor summa cum laude graduated with a cumulative grade point average (GPA) of at least 3.7; students who received the honor of magna cum laude graduated with a GPA of at least 3.50; and students who received the honor of cum laude graduated

with a GPA of at least 3.3.

About the University of Rhode Island

Founded in 1892, the University of Rhode Island is the principal public flagship research and graduate institution in Rhode Island. Competitive and highly regarded, its 14,500 undergraduate students and more than 2,250 graduate students represent 48 states and 76 countries across the globe. With 203 academic programs, URI offers its undergraduate, graduate, and professional students distinctive educational opportunities designed to meet the global challenges of today's world and the rapidly evolving needs of tomorrow. At URI, you will find some of today's leading innovators, discoverers, and creative problem solvers. To learn more, visit: uri.edu.

Union College announces 2021 Dean's List honorees

SCHENECTADY, N.Y. — Comprised annually, students with at least a 3.50 grade point average for the entire academic year were honored with the academic achievement.

Those honored with Dean's List are:

Rachel Godek of Wales. Godek is a member of the Class of 2022 majoring in Biochemistry.

Camier Hall of Fiskdale. Hall is a member of the Class of 2021 majoring in Psychology.

Sarah Vanasse of Sturbridge. Vanasse is a member of the Class

of 2021 majoring in Biology and Anthropology.

Union College, founded in 1795 as the first college chartered by the New York State Board of Regents, offers programs in the liberal arts and engineering to 2,100 undergraduates of high academic promise and strong personal motivation. Union, with its long history of blending disciplines, is a leader in educating students to be engaged, innovative and ethical contributors to an increasingly diverse, global and technologically complex society.

Worcester Academy proudly announces Semester 2 Honor Roll And Headmaster's List

WORCESTER — Worcester Academy proudly announces its final Honor Roll and Headmaster's List for the 2020-2021 School Year. The honors represent the achievements that each of these Worcester Academy students has earned through academic excellence, challenge, and personal growth.

Ava Detarando of Fiskdale, Grade 8, Honor Roll.

Nicole Pelski of Sturbridge, Grade 8, Honor Roll.

Michael Detarando of Fiskdale, Grade 9, First Honors.

Kate Gagnon of Fiskdale, Grade 10, Headmaster's List.

Alexandra Mrotek of Fiskdale, Grade 12, First Honors.

Ryan Bonja of Sturbridge, Grade 12, Headmaster's List.

Dominic Brown of Sturbridge, A Postgraduate Student, First Honors.

About Worcester Academy

Worcester Academy, founded in 1834, is an independent day and boarding school for boys and girls in grades 6 to 12 (and postgraduates). Located in the thriving city of Worcester, the Academy provides an exceptional educational experience that fosters personal growth, nurtures a sense of belonging and well-being, and develops intellect and understanding through authentic community engagement and real-world experiences. Students define what it means to "Achieve the Honorable" and are equipped to honorably impact the world wherever they go.

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How school shopping has changed in the pandemic era

Back-to-school shopping sales have long been indicators that the summer vacation season is coming to a close. Students and their parents may visit area stores or browse online looking for items to make the coming school year a success. Those lists have looked similar for decades, but shopping for school supplies in the pandemic era may prove to be a unique experience.

Though hundreds of millions of adults and adolescents have now been vaccinated against COVID-19, there figures to be some lingering effects of the pandemic during the upcoming school year. That could affect which school supplies families buy in the weeks to come. Here's a look at some of the latest trends.

- A shift from physical stores: According to data from IBM's U.S. Retail Index, the pandemic has accelerated a shift away from physical stores to digital shopping by about five years. It's likely that school shoppers will turn to the internet for their supplies, which means local brick and mortar shops should increase their web presence and digital shopping capabilities to reach online shoppers. This includes omnichannel fulfillment, such as buy online and pickup in store (BOPIS) options.

- Reassessment of what's essential: The pandemic may have changed which items consumers consider essential. For example, clothing became less significant as a greater number of students were enrolled in virtual learning. Back-to-school shoppers may purchase less clothing and focus more on tech items, among others.

- Traditional supplies become less necessary: In 2020, Deloitte forecasted that a shift in preferences and intentions would result in parents buying fewer traditional supplies, such as notebooks and office supplies, as they chose to invest in digital resources to supplement children's education. That shift likely will continue into this school year.

- Support for local retailers:



Community spirit grew in the early days of the pandemic and continues now. Many people prefer to shop in locally owned stores. Eighty percent of customers surveyed feel more or as connected to their communities, according to the business industry consultant company Accenture.

- Customers are trying new brands and products: Shoppers are trying new products out of curiosity as well as necessity. Back-to-school shopping may include novel brands and other items that may not have been readily purchased in years past.

Back-to-school shopping may continue to look a bit different than in previous years, spawning trends that may ultimately become the new normal.

Simple ways to incorporate reclaimed wood in your home

Homes come in many sizes and styles. But whether your home is a palatial postmodern masterpiece or a cozy farmhouse, reclaimed wood can be utilized to create an awe-inspiring interior.

Reclaimed wood serves both aesthetic and practical purposes. Visually stunning, reclaimed wood also is a great way to make use of old-growth forest wood. Why is that significant? According to the United States Forest Service, just 3 percent of old-growth forest has survived into the second decade of the 21st century. Old-growth forest wood like that from longleaf pine trees has long been touted as excellent building material, but the pine utilized today comes from trees that are cut down when they're young. Reclaimed wood taken from old or demolished homes built with old-growth forest wood offers access to this highly valued building material while also providing the environmental benefits that come with reusing existing materials.

ing existing materials.

Reclaimed wood can be incorporated into a home's interior rather easily, and the results are often stunning.

- Accent wall: Transforming a wall into an accent wall with reclaimed wood is a simple project that won't affect the existing design of a home's interior. A living room or home office can be given a whole new look with the addition of an accent wall made from reclaimed wood. Homeowners who want their bedrooms to give off the vibe of a rustic retreat can consider adding an accent wall made of reclaimed wood.

- Furniture: Reclaimed wood also can be put to use, or reuse, as furniture. A home office desk made from reclaimed wood can be both stunning and sturdy, while end tables and coffee tables made from reclaimed wood can add some unique character to a living room.

- Kitchen islands: Homeowners who aspire to have a farmhouse kitchen can

consider reclaimed wood when creating their kitchen islands. Reclaimed wood can be used to make the body of the island, complete with cabinets and drawers, that sits beneath the countertop where cooks will prepare their meals.

- Storage beds: Guest rooms tend to be smaller than other rooms in the house, and that means little room for furniture like dressers. Rather than cramming lots of furniture into a small room, homeowners can utilize reclaimed wood to create storage bed frames. The frames won't take up extra space in the room, reassuring guests that they won't be spending a weekend in cramped quarters. And the rustic look of reclaimed wood storage beds can be an instant stunner when guests arrive.

Reclaimed wood can be incorporated into a home in myriad ways. This stunning, eco-friendly design choice can add instant appeal to any home.



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EDITOR

EDITORIAL

“Is this Heaven?” “No. It’s Iowa.”

An incredible moment happened last Thursday, and baseball fans all across the country watched. The Chicago White Sox and the New York Yankees met for an old fashioned game of ball in Dyersville, Iowa, where dreams really do come true.

The two teams, and thousands of fans came together, in a cornfield, at the Field of Dreams. The diamond was constructed right next to the original set of the 1989 film that gave the location its name.

The movie highlighted the magic and the history behind baseball. Inspired by the true story of disgraced White Sox player Shoeless Joe Jackson, who was infamously bribed, along with seven other teammates, to “throw” the 1919 World Series, “Field of Dreams” offers his ghost the chance at redemption that he never had in life. We remember fondly the first time we watched the movie, reaching for a box of tissues when Kevin Costner’s character, Ray, asks his father’s ghost to “have a catch” that helps them both heal their troubled relationship as well.

During the broadcast of last week’s game, Costner, in the same blue jeans and white shirt he wore in the movie, appeared slowly, as he walked into sight from the cornfield, re-creating a scene from the movie. According to fans, it was magic, surreal. Anyone who has watched the film, would have driven to Iowa to watch the ‘baseball men’ play, if it was real. Thursday’s game was the closest they’ll ever get. There is no doubt that as fans watched the modern day ball players at work, thoughts of Archibald ‘Moonlight’ Graham, Shoeless Joe, Babe Ruth and others came to mind.

Costner addressed the fans as he made his way to towards the pitcher’s mound, stating “We’ve come to see the first place White Sox play the mighty Yankees in a field that was once corn. It’s perfect. We’ve kept our promise. Major League Baseball has kept its promise. The dream is still alive. There’s probably just one question to answer: ‘Is this heaven?’”

The players emerged, like the film’s ghosts, from the cornfield, leaving the fans in awe.

The game brought the sport back to the basics for just one night. What is simpler than a soda, a hot dog and some popcorn? How surreal to be able to sit close enough where the players can actually make out what the fans are yelling, or what they’re saying to raz the umpires.

The White Sox bested New York in a close match when Tim Anderson hit a walk off home run far off into Iowa’s country sky. The game was described as a time capsule from a different era. In a post game interview, Yankees Manager Aaron Boone said, “That’s probably the greatest setting for a baseball game that I’ve ever been a part of. Kevin Costner standing out there in short center field, that’s probably a moment I’ll remember the rest of my life.”

Many fans agreed that being at the game was a dream come true, it didn’t matter who won.

There are talks that the game may come back to Iowa next year. But more importantly, America’s greatest past time, reminds us that in times of uncertainty, there will always be baseball. The famous quote below is from the film. It’s a powerful message of unity that is refreshing to read.

“People will come, Ray. They’ll come to Iowa for reasons they can’t even fathom. They’ll turn up your driveway not knowing for sure why they’re doing it. They’ll arrive at your door as innocent as children, longing for the past.

“‘Of course, we won’t mind if you look around,’ you’ll say, ‘It’s only \$20 per person.’

“They’ll pass over the money without even thinking about it: for it is money they have and peace they lack. And they’ll walk out to the bleachers; sit in shirt-sleeves on a perfect afternoon. They’ll find they have reserved seats somewhere along one of the baselines, where they sat when they were children and cheered their heroes. And they’ll watch the game and it’ll be as if they dipped themselves in magic waters. The memories will be so thick they’ll have to brush them away from their faces.

“People will come, Ray. The one constant through all the years, Ray, has been baseball. America has rolled by like an army of steamrollers. It has been erased like a blackboard, rebuilt and erased again. But baseball has marked the time. This field, this game: it’s a part of our past, Ray. It reminds us of all that once was good and that could be again. Oh... people will come Ray. People will most definitely come.”

And they did.

OPINION

Views and commentary from Sturbridge, Brimfield, Holland and Wales

Don’t listen to the naysayers

Most people who want to achieve big dreams will encounter naysayers. They’ll say, “It’s already been done; the competition is too fierce. They’ll tell you, “you can’t have a career in that business; you have to know somebody; you have to be an insider,” others might be more mean-spirited, “You’re not talented enough, you’re not smart enough, you’re not good looking enough.”

It takes great courage and faith to follow your dreams. If you listen to the negative voices, you’ll never find that courage and faith.

I’ve always dreamed big dreams and gone after goals that seemed impossible. It’s who I am; my father encouraged me to think big.

In that sense, it was easy for me to go after my dreams because I never had anyone in my own family tell me I shouldn’t or that I couldn’t. The naysayers in my life came from outside the family.

As a high school athlete, I grew passionate about competitive swimming. I became enamored with the idea that I could be an Olympic swimmer! Some said I couldn’t do it. I paid them no attention.

I swam four hours a day and did a lot of cross-training. I got much faster. After graduating high school, four of my closest friends and I swam from Macinac Island to Chicago in Lake Michigan, a 375-mile journey. We did it as a relay, and we made it in fifteen days.

Out of that experience, I met the fastest swimmer in the world at the time. His name was Tom Jager. Tom was amazing. He coached me through a few workouts, and I even raced him a couple of times. He was way faster than me. There was no comparison. I knew I just had to work harder if I wanted to be as fast as him.

I was determined. I barely made it onto a division one swim team. By my junior year, I was much faster than in high

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school, but I was also one of the slowest swimmers on the team, nowhere near the Olympic level. I was crushed as I realized I didn’t have what it took to make it to the Olympics.

That experience created an even stronger desire inside of me to accomplish my dreams. If I’d have listened to the naysayers, I wouldn’t have learned the lessons that I needed to take with me to the next phase of my life.

I turned my attention towards a different dream, one that I had since childhood. It wasn’t long till I had a few big successes in my belt. It’s an up and down industry, and I’ve had many tell me through the years that I should give it up, forget about my past successes and hang up the towel.

What I’ve discovered is that if you keep going and don’t give up, doors will open that can lead you on a path of accomplishing your dreams in unusual ways.

Your destiny isn’t up to the naysayers; it’s up to you. It doesn’t matter what they think about you; it does matter what you think about yourself.

Abraham Lincoln had many successes in his life; he also had many failures. He failed in business, was defeated for the state legislature, lost for Illinois speaker twice, didn’t get the nomination for Congress, finally won a congressional seat but lost renomination, was rejected for land officer, defeated for the U.S. Senate, defeated for the nomination for Vice President, and then again was defeated for U.S. Senate.

I’m sure many negative voices were telling him to give up and quit through the years.

Instead, he was finally elected president of the United States. He became one of the most important presidents in United States history. He held the country together and helped win a war that resulted in the end of slavery.

What would’ve happened if Abe Lincoln listened to the naysayers?

Ranking your goals: A smart move



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Like most people, you may have several financial goals. But can you reach them all?

It would be simple if you had great wealth. But you’ll likely need to rank your goals in terms of their importance to your life and then follow appropriate strategies to achieve them. By doing so, you may end up getting pretty close to covering each of your objectives, in one way or another.

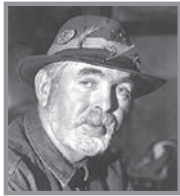
When prioritizing your goals, consider following this process:

- Identify goals as “must have” or “nice to have.” Making sure you don’t outlive your resources is a must-have goal, so you need to be as certain as possible of achieving it. On the other hand, a nice-to-have goal might be something like buying a vacation home. If you don’t attain the money needed for this goal, you do have room to compromise, perhaps by scaling down to a smaller home in a different area or just renting a place for a few weeks a year. Having this flexibility can provide a psychological benefit, too. Since this goal doesn’t have an either-or outcome, you won’t have to feel that you failed if you don’t get the big vacation home – instead, you can still enjoy the results of your investment efforts, even at a more modest scale.
- Put “price tags” on your goals. You need to know what your goals will cost. Even if you can only make an estimate, it’s essential to have some figure in mind. As time goes by, you can always revise your projected costs. To arrive at these price tags, you may want to work with a financial professional who has the tools and technology to create hypothetical illustrations and scenarios.
- Follow an appropriate strategy. The nature of your goals and their estimated cost will drive your investment strategy. So, for example, using the must-have goal mentioned above – the need to avoid outliving your money – you’ll want to balance your growth objectives with your comfort with risk, as well as maintain an appropriate withdrawal strategy when you’re retired. However, for a nice-to-have goal, such as your large vacation home, perhaps you don’t need the same urgency – consequently, with part of your portfolio, you might be able to take more risk in hopes of greater returns. And if you fall short, you can always go with Plan B – i.e., the smaller home or the rental experience. But if your “nice to have” is closer to a “must have” in this area as well, you might want to focus less on achieving greater returns and instead look at ways of adjusting your budget to save more.
- Monitor your results. As you pursue your goals, whether must have or nice to have, you’ll want to check your results regularly. If you think you’re not making enough progress toward your desired goal, you may need to make adjustments. But don’t overreact to short-term swings in the financial markets or in the value of your portfolio, or take on an inappropriate amount of risk. When trying to reach your goals, you can alter your path, but it’s usually not a good idea to change directions altogether.

The decisions involved in identifying, prioritizing and achieving your goals can be somewhat involved. But by following a well-designed process, you can help yourself get to where you want to go.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Please contact Jeff Burdick, your local Edward Jones Advisor in Sturbridge at 508-347-1420 or jeff.burdick@edward-jones.com.

Local anglers brave the heat



THE GREAT
OUTDOORS
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RALPH
TRUE

Now that the nasty heat of this past week is behind us, fishing should get back to normal for some anglers, although many anglers did brave the heat and did very well, especially on the canal. Numerous 30- & 40-pound stripers were caught by anglers that braved the heat last week, and released the big fish, but they were still able to retain a striper that fell into the legal slot size.

Upstate New York fishing has been relatively slow on the lake, but is improving every day. The annual salmon run on the Salmon River is relatively quiet and the water is running a bit high, but it is expected to improve also in the coming weeks. Hundreds if not thousands of anglers make the trip to upstate New York annually to fish the yearly Salmon run on the famous Salmon River. For up-to-date information contact Fat Nancy’s Tackle Shop in Pulaski for daily information. Check them out on their Web site at www.fatnancy.com.

If you are looking for some of the best largemouth bass fishing and smallmouth bass fishing in Massachusetts, you need to check out fishing at the Quabbin Reservoir! Both Gate 8 and Gate 43 rent out boats and motors for an extremely low rate, and are readily available on weekdays, but weekends require an early morning trip to acquire a boat rental. They go fast. The scenery on the reservoir is great, which makes you feel like you are in Northern Maine. Sightings of eagles are reported daily.

This past week, this writer enjoyed a great meal of pan-fried fluke from a fish that I caught while fishing the Westport River with my brother Ken. It is hard to find good bait (squid) to fish for these prized eating fish. Last week at a local tackle shop, I purchased a small bottle of imitation squid strip, manufactured by “Fat Cow” out of long Island New York. They are not cheap by any means, but will hopefully do the trick, replacing real squid. The old brand that was around for a long time called “Uncle Josh ” strips, has been out of business for a number of years, now but worked very well back in the day.

The soaring seafood prices at super-markets and eating establishments has gone through the roof, with many restaurants taking clams off of their menu. Oysters, clams, Quahaugs and lobster prices continue to climb with no end in sight. The reason for the price increases are many including price gouging. Saltwater fish prices on Haddock, Cod, and bluefish are reasonable, but they too could become expensive. Many fish markets are buying their fish from foreign markets ,which I try to stay away from .for many reasons. Be sure to check the seafood origin before you buy. Beef prices are also extremely high.

Purchasing real squid from a market to do some fishing does not work very well because it is soft, and easy for fish to remove it from the hook, resulting in missed fish. It is a great squid for eating calamari, but not great for fishing. Squid from most bait shops is also soft and easy for fish to remove also. Using fluke skin for bait worked very well, but has been made illegal to use because of reports of anglers cutting up undersize fluke for bait. Hopefully, these new Jig strips I purchased this past week will work better. They are scented and should work. They also work on fresh water for bass, and numerous other species of freshwater fish.

More reports of dead birds in the valley are not good. One local sportsman reported a dead red tail hawk in the Uxbridge area this week. The young eagle that was found dead, was examined by Mass. Fish & Wildlife and found it to have died from some type of poison. It could have ingested the poison from eating a dead animal that was legally or illegally poisoned. Reporting dead birds in your area should be made to MFW.

A youth pheasant hunt will be held for all hunter graduates ages 12-17 this year. The registration deadline was Aug. 17, but may allow for late registrations if the classes are not full. Space is limited, so register today. Call Mass. Fish & Wildlife at 508-389-6300 for more information and where the clubs are that are sponsoring the events. It is a great time for first time sportsmen to realize the great time in the outdoors they will have during the event. Trap shooting, firearms safety, and hunting pheasant over well-trained bird dogs, are just a few of the things the young shooter will enjoy.

Take A Kid Fishing & Keep Them Rods Bending!

LETTERS TO THE EDITOR

When did the Salvation Army change its standards for donations?

To the Editor:
When did the Salvation Army decide that because a mirror was attached to a bureau, the bureau was damaged? That all furniture had to be real wood, not other materials?

I am an 80-year-old woman with a perfectly good bureau someone could use, and they refused it. What do I do now? I have no idea of how to donate it!

Shirley Hard
Brimfield

Tips for drying flowers



GARDEN
MOMENTS
.....

MELINDA
MYERS

Enjoy and share the beauty of your flower garden all year long. Pick and dry a few flowers to use in flower arrangements, craft projects or as gifts for friends and family.

Pick the flowers when they are at peak bloom and blossoms are dry. Cut flowers for drying mid-day when they contain less moisture to reduce the dry time.

Use a bypass pruner or garden scissors to cut the stems above a set of healthy leaves. Remove the foliage and gather them into small bundles. Secure the stems with rubber bands that contract as the stems shrink and continue holding them tight. Use a spring-loaded clothespin to hang the bundles from a hanger, clothes line or nail. Allow the flowers to dry in a warm, dark, dust-free location.

Flat-faced flowers like daisies tend to close a bit when dried upside down. Try laying them face down on a flat surface. Simply cut off the stem and place the flowers face down on newspaper in a warm, dry location. Once dried, you can glue them in place or use florist wire to create stems for arranging.

And don't forget to pick a few seedpods from perennials and ornamental grasses. These have dried, for the most part, on the plants and make great additions to your dried flower arrangements and projects.

Consider taking a trip to your local florist or craft store for more ideas and materials for drying delicate flowers. Silica sand works well for delicate blossoms like iris



Melinda Myers

(Left) Lavender dries relatively quickly and retains the best color when dried in a low humidity, dark location.

as well as roses, mums and more. Simply fill the bottom inch of a container with silica sand. Remove all but an inch of the flower stem. Place the flower, stem side up or on its side, on the surface of the silica sand. Gently pour silica sand over the flowers until completely covered. Follow label directions. Most flowers dried this way maintain their beauty when dried in silica sand. Just use a small paint brush to gently remove any remaining sand.

Test flowers for dryness before putting them in an arrangement or storing for future use. Carefully rub a piece of the flower between your fingers. If it feels dry, it is ready to use. If it still feels moist, continue letting them dry.

Store extra dried flowers in a location with low humidity and away from direct sunlight. Consider loosely wrapping with newspaper or kraft paper to prevent crushing and place in a box until needed.

Whichever drying method you choose, the result is the same – year-round enjoyment of your garden's beauty.

Melinda Myers has written more than 20 gardening books, including *The Midwest Gardener's Handbook* and *Small Space Gardening*. She hosts *The Great Courses* "How to Grow Anything" DVD series and the nationally-syndicated *Melinda's Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine. Her Web site is www.MelindaMyers.com.

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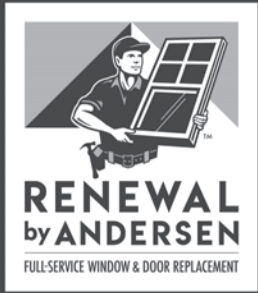
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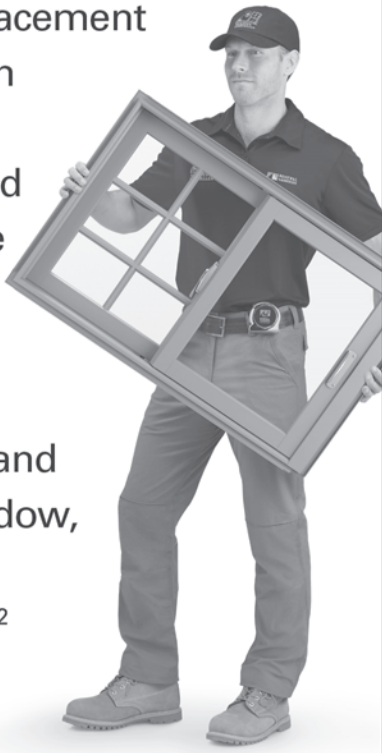
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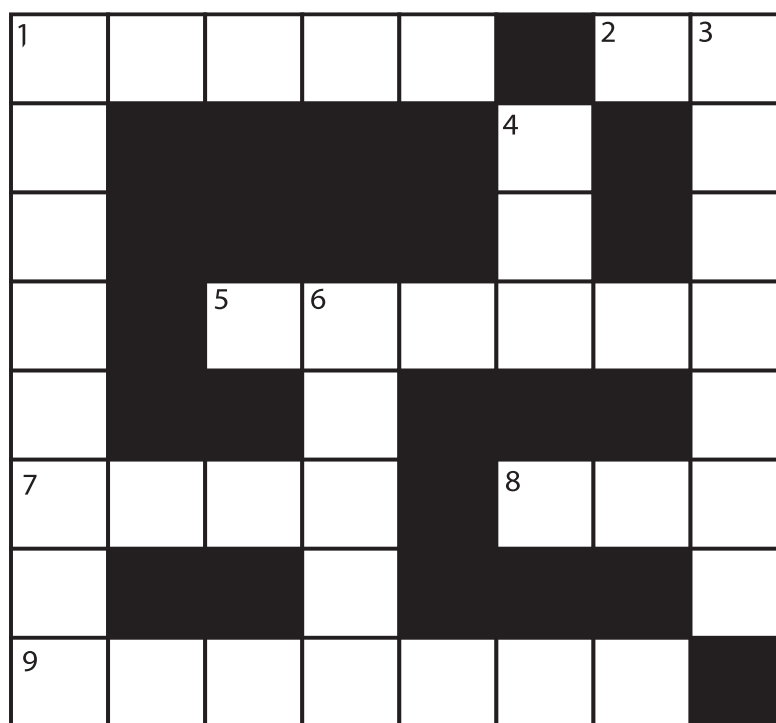


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¹DETAILS OF OFFER: Offer expires 9/18/2021. You must set your appointment by 9/4/2021 and purchase by 9/18/2021. Not valid with other offers or prior purchases. Get \$330 off each window and \$725 off each entry/patio door and 12 months \$0 down, 0 monthly payments, 0% interest when you purchase four (4) or more windows or entry/patio doors between 8/1/2021 and 9/18/2021. Get 6.25% off your entire purchase, taken after initial discount(s), when you purchase four (4) or more windows or entry/patio doors between 8/1/2021 and 9/18/2021. Military discount applies to all active duty, veterans and retired military personnel. Military discount equals \$300 off your entire purchase and applies after all other discounts, no minimum purchase required. Subject to credit approval. Interest is billed during the promotional period, but all interest is waived if the purchase amount is paid before the expiration of the promotional period. Financing for GreenSky® consumer loan programs is provided by federally insured, federal and state chartered financial institutions without regard to age, race, color, religion, national origin, gender or familial status. Savings comparison based on purchase of a single unit at list price. Available at participating locations and offer applies throughout the service area. See your local Renewal by Andersen location for details. License number available upon request. Some Renewal by Andersen locations are independently owned and operated. "ENERGY STAR" is a registered trademark of the U.S. Environmental Protection Agency. "Renewal by Andersen" and all other marks where denoted are trademarks of Andersen Corporation. ©2021 Andersen Corporation. All rights reserved. ©2021 Lead Surge LLC. All rights reserved. *See limited warranty for details.



Crossword Puzzle



ACROSS

1. Place to eat
2. Type of computer
5. Teachers write on these
7. Refers to two or more of things
8. Witness
9. Study of the physical and natural world

DOWN

1. Those who give lessons
3. Courses in school
4. Belonging to more than one
6. Yellow, brown or red color

Answers:
Across
1. Table 2. PC 3. Boards 4. See Down
Down
1. Teachers 2. Science 3. Classes 4. Our 5. Ochre 6. Each 7. See 8. Witness 9. Physics

THIS DAY IN...



HISTORY

• **1590:** JOHN WHITE, THE GOVERNOR OF THE ROANOKE COLONY, RETURNS FROM ENGLAND TO FIND THE SETTLEMENT DESERTED.

• **1783:** A HUGE FIREBALL METEOR IS SEEN ACROSS GREAT BRITAIN.

• **1963:** JAMES MEREDITH BECOMES THE FIRST AFRICAN AMERICAN TO GRADUATE FROM THE UNIVERSITY OF MISSISSIPPI.



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OBITUARY

Peter N. Kotsifas, 76

Sturbridge: Peter N. Kotsifas, 76, passed away peacefully on Monday, Dec. 14th, in the Overlook Masonic Healthcare Center, Charlton, after a long illness.

He leaves his wife of 55 years, Sandra P. Kotsifas; his three children, Deborah A. Phillips and her companion Steven Stover of West Jordan, UT; Julie E. Gerrish and her husband James of Sturbridge and Peter C. Kotsifas and his wife Megan Green of Cohasset; his brother, Mark Kotsifas and his wife Kim of Palm Bay, FL; and his four grandchildren, Lauren Gerrish of Los Angeles, CA, Luke Gerrish of Amherst, Colin Green Kotsifas of Cohasset and Halle Green Kotsifas of Cohasset. He was predeceased by his brother, Leonard Kotsifas. He was born in Waltham, the son of the late Peter and Virginia A. (Keough) Kotsifas. Peter attended Newton schools and received both his Bachelor's and Master's degree in Engineering from Northeastern University in Boston.

Peter was the General Manager for the Medical Division of Nipro in Clinton for 19 years before retiring several years ago. He previously worked for CW Bard Industries and Sherman Industries. He was a longtime active member of St. Anne's and St. Patrick's Parish in Sturbridge, serving as a Eucharistic Minister, Lector and Altar



Server. In addition, Peter was actively involved in the St. Vincent De Paul ministry as both an officer and mentor. Peter was an avid golfer, and enjoyed boating and waterskiing on Big Alum in Sturbridge. He was a skilled gardener who could make anything grow, as well as a birdwatching enthusiast. Peter was also a history buff and "people person" who enjoyed meeting

people and learning about their cultures and language; in addition to vacations with Sandy, his business travels took him on many trips to Europe and the Far East.

The family would like to thank Kelly Cristo and her 4th floor staff at Overlook Masonic Healthcare for their dedicated loving care and support to Peter and his family.

A funeral Mass for Peter will be held on Friday, Aug. 27th, at 10:00am in St. Anne Church, 16 Church St., Sturbridge. Burial will follow in St. Anne's Cemetery, Sturbridge. There are no calling hours.

In lieu of flowers donations may be made to the St. Vincent DePaul Society of St. Anne's Parish, 16 Church St., Sturbridge, MA 01518 or to the Alzheimer's Association at Alz.org.

The Daniel T. Morrill Funeral Home, 130 Hamilton St., Southbridge, is directing arrangements.

www.morrillfuneralhome.com

Local students complete degrees at Wichita State University

WICHITA, Kan. — Nearly 2,175 degrees and certificates were awarded to more than 2,000 students at Wichita State University in spring 2021, including Timothy L. Portwood of Fiskdale, who was awarded a Bachelor of Fine Arts Summ Cum Laude.

Portwood was also named to the Dean's List for the spring semester of 2021.

There were 1,521 students who earned their undergraduate degree and 652 who earned their graduate degree.

Undergraduate students who have attained a grade point average of 3.9 out of a possible 4.0 received the summa cum laude award; those with an average of 3.55 received the magna cum laude award; and those with an average of 3.25 received the cum laude.

In spring 2021, 121 students graduated summa cum laude, 414 graduated magna cum laude, and 352 graduated cum laude.

Wichita State University serves as the Kansas urban-based research university, enrolling more than 15,000 students from

every state in the U.S. and more than 100 countries. Wichita State and WSU Tech are recognized for being student centered and innovation driven.

Located in the largest city in the state with one of the highest concentrations in the United States of jobs involving science, technology, engineering and math (STEM), Wichita State University provides uniquely distinctive and innovative pathways of applied learning, applied research and career opportunities for all of our students.

The Innovation Campus, which is a physical extension of the Wichita State University main campus, is one of the nation's largest and fastest-growing research/innovation parks, encompassing over 120 acres and is home to a number of global companies and organizations.

For more information, follow us on Twitter at www.twitter.com/wichita-state and Facebook at www.facebook.com/wichita.state.

CLEARCOM

continued from page A1

The Channel Futures MSP 501 survey examines organizational performance based on annual sales, recurring revenue, profit margins, revenue mix, growth opportunities, innovation, technology solutions supported, and company and customer demographics.

"To be included on these two prestigious lists is a testament to the amazing team we have and the wonderful clients we partner with," says Rob Cleary, President/CEO of ClearCom IT Solutions. "The landscape regarding cybersecurity has shifted immensely in the past year. In response, we have expanded our cybersecurity services to keep our partners safe and secure. We are now protecting against threats that didn't exist 10, 5, or even two years ago. Educating our clients on safe email practices and data protection with ongoing training has been key in keeping everyone protected.

ClearCom IT is focused on delivering ongoing, exceptional service and support; responding to our clients' evolving IT needs and demands quickly and effectively."

The Inc. 5000 is a list of the fastest-growing private companies in the nation. Started in 1982, this prestigious list has become the hallmark of entrepreneurial success. To qualify, companies must have been founded and generating revenue by March 31, 2017. They have to be U.S.-based, privately held, for-profit, and independent—not subsidiaries or divisions of other companies. The minimum revenue required for 2017 is \$100,000; the minimum for 2020 is \$2 million.

The 2021 MSP 501 list is based on confidential data collected and analyzed by the Channel Futures editorial and research teams. Data was collected online from March 1-May 24. The MSP 501 list recognizes top managed service providers based on metrics, including recurring revenue, profit margin, and other factors.

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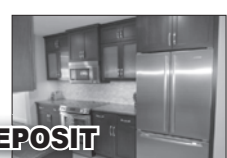
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How to support students interested in the arts

Schools are diverse communities in which people from all walks of life gather to teach, learn and pursue an assortment of interests and passions. Students are perhaps the best reflection of that diversity, as even small schools are home to young people who excel in sports, music, theater, and, of course, academics.

Many young people harbor a strong interest in the arts, which can provide some surprising benefits. For example, the National Endowment for the Arts reports that students with high arts participation and low socioeconomic status have a 4 percent dropout rate. That's five times lower than their low socioeconomic status peers. In addition, a report from the Rice Kinder Institute for Urban Research found that arts education experiences reduce the proportion of students in school receiving disciplinary infractions by 3.6 percent.

Despite the myriad benefits of participation in arts education, which can include improved performance in the classroom, Americans for the Arts notes that not all students have access to art-based educational experiences. Parents of students who are interested in the arts can try various approaches to nurture those interests.

- Support school-based arts education programs. Funding for arts programs is perpetually in jeopardy. Each state and school district is different, but a 2013 report from the National Association of State Boards of Education found that fed-



eral funding for arts and humanities programs totaled roughly \$250 million a year, while the National Science Foundation received around \$5 billion annually. Arts and sciences are both important, and parents

can support legislation that directs more federal funding for the arts while urging local legislators to direct more money to arts education.

- Make art a part of life at home. Americans for the Arts recommends

that parents make the arts part of life at home. Participating alongside children as they sing, dance, draw, play music or pursue other arts-based interests is a great way to incorporate the arts into home life while showing kids how fun the arts can be.

- Research local performing arts schools. Children who exhibit an especially strong interest in the arts may benefit from enrolling in a school that specializes in performing arts. Such schools may be open to kids as young as five and extend all the way through high school. Some performing arts schools require prospective students to audition or apply. Arts high schools still offer instruction in core academic subjects, but parents should explore each school's curriculum before deciding if a given school is right for their children.

Arts education can have a profound impact on the life of a young person. There are many ways for parents to nurture and encourage their children's interest in the arts.

How to help young athletes cope with defeat

The value of athletic competition for children who like to play sports is undeniable. Though not all kids will want to play sports, those who enjoy competing in organized athletics can benefit in myriad ways.

Doctors with the American Academy of Pediatrics Council on Sports Medicine and Fitness note that interest in sports should start with the child, not the parent. Such an approach can ensure kids are playing sports because they want to, and not solely because their parents want them to. The AAP notes that when kids are playing sports because they want to, they can take the lessons learned from competition and use them throughout the rest of their lives. For example, Dr. Steven Cuff, MD, FAAP, who co-authored the 2019 report “Organized Sports for Children, Preadolescents and Adolescents,” notes that “the camaraderie and teamwork needed on a playing field offers lasting lessons on personal responsibility, sportsmanship, goal-setting and emotional control.”

When competing, some young athletes may have a hard time handling defeat. In fact, even professional athletes routinely acknowledge how much they struggle after a loss. But there are ways parents and coaches can help young athletes cope with defeat.

- Reward effort. The College of Education at Michigan State University recommends coaches and parents put an emphasis on effort and allow athletes to bring up the outcome of a particular competition on their own. Encourage maximum effort during competition and spend



time after the game discussing with athletes how they performed and the effort they gave. Remind them that their best effort is all anyone can ask for, which shifts focus from a loss to the effort they gave.

- Communicate privately if effort is lacking. Parents and coaches who feel their child or player did not give maximum effort can communicate those feelings privately without putting the athlete down. Emphasize that the next game is a great chance to show improvement and give maximum effort.

- Encourage a healthy perspective. The COE at MSU also urges parents and coaches to encourage young athletes to keep a healthy perspective on their participation in sports. Encourage kids not to sacrifice other aspects of their life, such

as academics and their social life, to improve their athletic performance. When young athletes focus too heavily on a sport, that can create an unhealthy situation that makes it that much harder to cope with defeat in a positive way.

- Emphasize the individual, not the athlete. Coaches can speak with their players about their lives outside of the sport. Such conversations can show athletes that there's more to life than just sports and that they're more than just athletes, which can make it easier to handle defeat.

Many successful athletes insist they learn more from defeat than they do from victory. Helping young athletes cope with defeat in a healthy way can benefit them throughout their lives.

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— Nicole F. (CNA)

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— Nicole V. (LPN)

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